

ARC Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive The Babysitter's Training Handbook, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil.

Day: Friday Time: 9:00 a.m. – 3:00 p.m.

Date: 2/19 (No school) Fee: \$65.00

Place: Town Hall Room 133 Instructor: Peggy Boyle

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 5 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt. Affiliated with CT USA Wrestling.

Day: Monday, Wednesday, or Friday (see below)

Time: 6:30 – 8:00 p.m.

Session 2: 1/4, 1/6, 1/11, 1/13, 1/18, 1/20, 1/25, 2/1, 2/3, 2/8 (10 classes)

Fee: \$95.00/session

Place: C.A.C.T.U.S. Wrestling, 125 Commerce Drive #8

Instructor: Josh Levine, USA Wrestling Certified

Intro to Field Hockey

Designed for students in grades 5 - 8 with no previous experience playing. This program will provide a foundation for stick skills, ball handling, sport rules, and teamwork. Students should bring a stick and shin guards. (If you don't have a stick, we will have some you can borrow.)

Day: Monday Time: 5:00 – 6:00 p.m.

Dates: 1/25 – 3/7 (6 wks) – no class 2/15

Place: HHES Lower Gym Fee: \$46.00

Instructor: Danielle Olivier

Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion of a painting. A supply list will be emailed to you along with your receipt at registration. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.

Dates: 1/25 – 3/21 (8 wks) – no class 2/15

Instructor: Victoria Lange Place: WMS Art Room

Fee: \$85.00

Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

January: Wednesdays – 1/6, 1/13, 1/20, 1/27

February: Thursdays- 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/1, 3/8, 3/15, 3/22

April: Mondays – 4/4, 4/11, 4/18, 4/25